

# Prostate Natural Wellness Care

As you may know the prostate gland encircles the tube or urethra that goes from the bladder to the outside carrying urine from the bladder to the outside. Somewhere around the age of 40, the cells in the prostate begin to enlarge. No one seems to know for sure why, but they can tell you that it may be because of various hormone imbalances. But they do not know what to do for it. They wait until it has enlarged so much that you have severe bladder infections. Then they will do surgery and ream out the inside of the urethra and ahha you can urinate again. But in spite of the scar tissue buildup, this can happen over again as the cells continue to enlarge and the urine get shut up in the bladder again as the prostate gets bigger and bigger. Eventually it leads to cancer.

The whole prostate problem began with chronic low grade inflammation due to toxic conditions in the bladder and urethra, as well as hormone imbalances that have grown over time. Therefore, obviously the need is to detox the bowel, bladder and kidneys, balancing hormones and re-supplying the lacking progesterone that helps to keep the estrogens, testosterone and other hormones in balance.

One last consideration is that often the plaque build-up that causes heart trouble, strokes, etc, is not just limited to those organs. It can and does occur in the prostate as well, causing it to harden and enlarge, so digestion needs to improve too. This would be considering if there is a lack in Hydrochloric Acid, if there is a need for digestive enzymes for proteins and fats/sugars. Stabilized flora will be needed also in the correction of any digestive problems.

Schedule of needs:

- **Male/female balance formula drank as a tea from tincture; Add 3-6 droppers full of tincture per dose to 4-6 oz hot water**, let cool. Drink am and noon. *This is the best formula in the world to help balance hormones from the pituitary in the head all the way down to the prostate or ovaries. It has been used for over 40 years with tremendous results.*
- **Prostate formula 4oz. 4-6 oz per dose, but drink three to four times a day.** *This formula helps heal, tone, and cleanse the prostate itself. It will for sure help reduce the swelling, and inflammation in the prostate.*
- **Progesterone replacement therapy.** Follow the directions on the carton
- **Kidney/Bladder Flushing.** See attached handout for directions on kidney flushing. You will want to do this flushing for a week, every other week for about 2 months, then every two months for a year or longer, at least until well. This will require a bag of

Kidney/Bladder Tea and a 4oz bottle of Kidney/Bladder Formula. This amount of product will last for two weeks of flushing.

- **Intestinal cleanse formulas #1&#2.** This bowel cleanse is essential to cleanse out the whole abdomen. The colon and small intestines are in very close proximity to bladder, urethra, and prostate, and what affects one affects the other. The very first place to begin a detox program is always with a bowel cleanse. Please note the attached instructions for how to do a bowel cleanse.
- **Dietary changes.** Obviously we do not want to be taking in things that cause the hypertrophy of the cells of the prostate. These items are some of the causes; Dairy, chicken, beef, pork, any animal fat. Processed and refined fats, sugars, and starches. Desirable oils to eat are virgin coconut oil, extra virgin olive oil, any expeller expressed plant based oil **except** corn, soy, or canola. Those last three should never enter our stomachs. Do not cook with oils of any kind. Add them to your food after cooking and cooling down a bit of the food. Do eat lots of fresh uncooked foods, i.e. veggies, fruits, raw nuts, seeds, and sprouts. Cook if you must but limit that to the beans or legumes, and grains. Avoid as much flour products as possible, use sprouted, dehydrated grain foods if possible.
- **Hydrotherapy.** See this handout how to's. Please do on a daily basis as described in the handout.
- **Be sure to get outside and exercise daily for minimum of 30 minutes twice per day.** This must be huffy puffy vigorous exercise. Suggestion: Walk uphill for 30 min.